

COMBINING HEMI-SYNC® AND REIKI HEALING

by Carol Sabick de la Herran, MBA

Carol Sabick de la Herran, Reiki master and Monroe program graduate, operates a center in Jerez, Spain. Carol combines a background of working with sound through the construction of musical instruments with more technical training as a lawyer and businesswoman. She approaches healing with a special interest in using sound technology and frequencies to assist in personal development and health maintenance. At her center, METAMUSIC® is a constant support for Reiki sessions. Studies are underway on METAMUSIC enhancement of the healing process for both recipients and practitioners. Other sound modalities in use include Cymatics, voice analysis, and natural music from a special monochord.

Reiki is a natural healing method which works through laying on of hands in a prescribed pattern. The Japanese word means universal life force or universal energy. It has been used since ancient times and is natural to all human beings. The ability to use it can be learned through the system outlined by Dr. Usui, who rediscovered the possibility of teaching healing in the mid-1800s. Dr. Usui was dean of a small Christian college in Japan. His graduating students asked him why he didn't know how to heal, since Christ had said that we would "be able to do everything that he had done and even greater things." Their question inspired the dean to resign and seek the answer.

He studied old texts in the monasteries of Japan, earned a doctor of theology degree at the University of Chicago, and talked to many religious leaders in the United States. Then Dr. Usui learned Sanskrit and continued his search in India and Tibet, where he found a description of healing in ancient Buddhist traditions. Still, he could not do healing. Back in Japan, during a twenty-day fast and meditation, he received a vision containing the same symbols he had seen in Sanskrit documents and the inspiration of how to use them. Later that day he performed what he considered miracles by healing three different conditions. Dr. Usui worked in the beggars' district for seven years before beginning to teach Reiki throughout Japan.

Mr. Hayashi (Dr. Usui's successor) cured and taught Mrs. Takata, an American woman from Hawaii. She returned to Hawaii to practice and teach Reiki, thereby bringing it to the Western world. At her death in 1978 there were twenty-one masters. Now there are several thousand masters and millions of practitioners all over the world, as well as Reiki associations. In Spain, we have formed Reiki International with the intention of reinstating Reiki as a service to humankind.

There are several Reiki levels. The first level teaches how to work on the physical body. The second level addresses emotional healing and healing at a distance. The resemblance to The

Monroe Institute's Dolphin Energy Club method is strong. The third degree, or master, involves working on spiritual levels and teaching Reiki. Since Reiki provides a channel for universal energy, doing Reiki is actually energizing. The practitioner receives healing at the same time and can easily use Reiki skills for her/himself.

A complete Reiki treatment is usually given with the recipient lying down and takes approximately forty-five minutes to an hour. A peaceful atmosphere with soft music is best. So, in our Reiki Center, METAMUSIC is always playing. Reiki effectively reduces stress and is a useful complement to other kinds of treatments. People receiving chemotherapy often get an extra boost that helps them adjust to and minimize the mental and physical side effects. Recovery from really strong treatments may take just a few hours instead of days, possibly because Reiki energy stimulates the body's elimination of excess toxins. Patients are encouraged to work closely with their doctors because Reiki may accelerate the healing process and reduce the need for medication, especially painkillers. Post-surgical healing may also be quicker.

I first encountered Reiki at The Monroe Institute®. After watching a brief demonstration, I dismissed the whole idea. Back home in Spain, a friend persuaded me to attend a course by an English Reiki master. I went on to take the second degree. My initiation to the master level, by TMI trainer and Reiki master Susan Cord, occurred at the Institute. Since then, I've worked with Reiki intensively and have given about forty courses myself.

The Reiki Center in Jerez has one large classroom and five treatment rooms. At first, students only worked with immediate family members. Then, I invited five acquaintances to come in for sessions. Those five were so pleased that they came back with friends and family the following week! Now we are working five days a week, giving twenty-five treatments per day. The fifteen to twenty volunteer practitioners work in teams of three or four. Sessions last about twenty-five minutes. There is no charge for this service; those who can afford it donate \$10. Practitioners do not diagnose or prescribe, and all recipients sign a form stating that they understand this is an energy treatment, separate from and complementary to other allopathic or alternative treatments. Both recipients and practitioners come from all walks and styles of life, ranging from a navy admiral to housewives, businessmen, and students. They come by referral rather than advertising, and four more centers are developing in other locations as news of this wonderful opportunity spreads.

METAMUSIC was introduced during work with an American surgeon who relies on energy healing. Her office was very quiet and some patients were nervous as they waited, so I suggested METAMUSIC. They commented on how wonderfully relaxed they felt and some didn't want to leave! Next, we gave METAMUSIC *Inner Journey* to a stroke victim who improved greatly in only a week. (Using METAMUSIC resolved the language difficulty.) Her children were so happy with the results that I made METAMUSIC an integral part of Reiki

work. At this time, 180 to 200 patients have received Hemi-Sync at the center and forty to fifty have used it at home. For home therapy *Super Sleep*, *Surf*, and *Cloudscapes* are used because they are all nonverbal. Originally *METAMUSIC* Artist Volume 1 (*Inner Journey* and *Sleeping through the Rain*) played continuously through speakers in the waiting room and into the healing rooms. Clients claimed they started relaxing on hearing the music. Pillows with speakers were later introduced as an experiment to see if relaxation was enhanced during treatment. The experiment was very successful, especially for assisting people coming for the first time into a receptive state. The most popular tape was *Surf*, though at times we've used *Soft and Still*, and some request *Cloudscapes*. Children respond so well that one woman was concerned about her son—he had never been so relaxed. This mother later purchased several tapes to play at home.

In all Reiki training classes, the CD version of *Inner Journey* plays during the meditative attunements in which the teacher prepares students to transmit Reiki energy. *Cloudscapes* plays for practice sessions. As another experiment, practitioners taking part listened to *Inner Journey* or *Sleeping through the Rain* on a Walkman® with headphones while working. Several mentioned that it was much easier to stay in a healing mode with *METAMUSIC*. Some later stated that they didn't need it anymore. They had learned to go into that space quickly and easily and remain there without difficulty. Others who initially declined due to fear of becoming "hooked" on it, participated after seeing the results. Whether or not other Hemi-Sync states would be even more beneficial to practitioners and/or recipients for healing purposes remains to be examined.

Recently, people receiving Reiki for stress-related disorders, or chronic degenerative diseases—such as multiple sclerosis—have been given Hemi-Sync tapes as "homework." There are two reasons: to help them to benefit more continuously from the relaxation and healing states induced by the tapes and to engage them more completely in their own health process. Since the 1994 Professional Seminar, new uses of Hemi-Sync have been introduced into the center. Plans are under way for a Reiki retreat. Hemi-Sync tapes will be used to access deeper states of awareness and to achieve the benefits of hemispheric synchronization—for the practice of Reiki and for personal benefit. The *Introduction to Hemi-Sync* tape will be used to demonstrate the basics. Tape exercises will include *Free Flow Focus 10* and *12* as well as *Going Home* selections. Despite the language barrier, we have experimented with *Going Home* tapes twice on the Tuesday "practitioner's day" at the Reiki Center. The center planned for Madrid will allow this work to expand, since more people will be comfortable with English.

Among new developments, probably the most important arose from meeting John Garger, co-developer and promoter of the Institute's *Positive Immunity Program*, at the 1994 Professional Seminar. After John's talk, I asked whether he had ever tried methods such as Reiki with HIV positive persons. He was totally unfamiliar with Reiki, so I gave him a brief demonstration.

John felt the energy flow and resolved his initial skepticism in talks with me and Letitia Derieux, a fellow Reiki master in his area. The result: Positive *Immunity* and Reiki have joined forces in a pilot program in Richmond, Virginia. A group of HIV positive individuals are learning Reiki. They apply it for themselves and their companions as a means of prompting their bodies to respond to the virus and cope with the high stress of AIDS.

There is much more to be studied about Hemi-Sync in conjunction with natural healing methods. My hope is to implement some of these investigations at the Jerez center or with other Reiki practitioners.

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